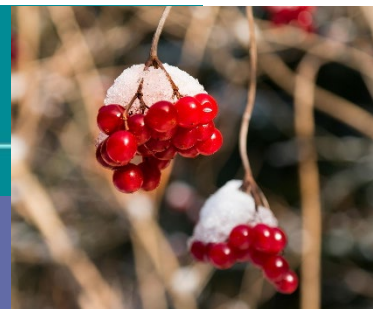




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## Greater Wisconsin Agency on Aging Resources (GWAAR) News

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### ***Nice to Know***

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#### **Reminder: Accepting Applications: GWAAR Board of Directors**

If you'd like to play a role in shaping the direction of programs and services for older people in the state, we invite you to volunteer for our Board of Directors. Our mission is to provide aging offices with training, technical assistance, and support to improve the well-being of older people in Wisconsin. To apply, please fill out our [online application](#) and submit to [john.schnabl@gwaar.org](mailto:john.schnabl@gwaar.org).

**View the application:** <https://gwaar.org/api/cms/viewFile/id/2005629>

If you have any questions about volunteering on the Board of Directors, please contact John Schnabl at [john.schnabl@gwaar.org](mailto:john.schnabl@gwaar.org).

#### **Reminder: Accepting Applications: GWAAR Advisory Council**

The Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR), is looking for thoughtful, civic-minded, energetic individuals to fill vacancies on its Advisory Council. Advisory Council Members are involved in a variety of activities that support aging programs including promotion of quality improvement of aging services and individual and organizational advocacy. Advisory Council Members are expected to maintain community relationships to promote agency visibility and help achieve agency goals. If you are looking for a challenging volunteer opportunity where your skills can make a difference in program planning, development, and implementation – please see the following and apply.

View the application: <https://gwaar.org/api/cms/viewFile/id/2005628>

If you have any questions about volunteering on the Advisory Council, please contact Nick Musson at [nick.musson@gwaar.org](mailto:nick.musson@gwaar.org).

## Advocacy

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[Janet Zander](#), Advocacy and Public Policy Coordinator

### ***Nice to Know***

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#### **Registration for the Alzheimer's Association Wisconsin Advocacy Day CLOSES this week!**

*Wisconsin Advocacy Day*

*Tuesday, February 20, 9:00 a.m. – 4:00 p.m.*

Don't miss out on this opportunity to use your voice to inspire change in Wisconsin! **Registration will close on Friday, February 9**, so please register today to join Alzheimer's advocates from across Wisconsin as we make sure that Alzheimer's disease and all related dementias remain a legislative priority in 2024 and beyond!

*-continued-*

During their opening program at the Best Western Premier Park Hotel in Madison, you will hear from key state policymakers and take away tools to empower your advocacy efforts on behalf of all who are impacted by Alzheimer's and dementia. There will also be an opportunity to walk across the street to the Wisconsin State Capitol in the afternoon, where you will meet with your state lawmakers and ask them to support these policies.

\*Lunch will be provided and there are no registration fees.\*

**Alzheimer's Association Wisconsin Advocacy Day Registration:**  
<https://p2a.co/JfFeHHe>

For any questions, contact Vanessa Dingman at 608-318-4057 or [vldingman@alz.org](mailto:vldingman@alz.org).



## Family Caregiver Support

[Bryn Ceman](#), Older Americans Act Consultant - Family Caregiver Support Specialist

### Need to Know

#### Survey opportunity for family caregivers

Caregiver Coordinators and other professionals within the Aging & Disability Community, the Wisconsin Institute for Healthy Aging (WIHA) is looking for your HELP! Please share this survey opportunity with your family caregivers!

The Wisconsin Institute for Healthy Aging (WIHA) and Falls Free® Wisconsin are surveying family caregivers to learn more about their thoughts on falls risk and prevention. We would greatly appreciate your help in sharing our survey to your family caregivers! Use the flyer and QR code and this sample language when sharing:

“Falls are the leading cause of injury and death of older adults in Wisconsin. Caregivers are in a unique position - you provide care for individuals that may be at risk of falling while you yourself may also be at risk. Prevention can make all the difference to help you and the person you care for stay safe and avoid injuries. The Wisconsin Institute for Healthy Aging (WIHA) and Falls Free® Wisconsin are surveying family caregivers to learn more about your thoughts on falls risk and prevention. We would greatly appreciate your input! Please take 3-5 minutes to complete the survey below. Thank you for your time and consideration!”

**Survey link:** <https://bit.ly/3SF5Vfp>

Did you know? Home safety assessments, minor home improvements/equipment and wellness classes are available to family caregivers through the Wisconsin Department of Health Services caregiver support and falls prevention programs!

**For more information:** <https://www.dhs.wisconsin.gov/aging/caregiver.htm>

### FALLS PREVENTION FOR CAREGIVERS

*Why it Matters...*

Caregivers may provide care for an older adult that has fallen or is at risk of falling and may be the first line of defense in prevention.

Caregivers can help their care recipient access healthcare providers, pharmacists, physical or occupational therapy, balance and strength exercise programs, and assist with home safety modifications.

Caregivers may also be at increased risk of falls themselves due to physical strain of caregiving responsibilities or having a fear of falling.



Falls prevention resources for caregivers coming soon!



SCAN ME

## Reminder: January Caregiver Support Meeting recording and resources available

Please find the January 2024 Notes, Presentations, and Recordings at:

<https://gwaar.org/wisconsin-caregiver-support-community-monthly-calls>

## Guardianship Support Center

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[Polly Shoemaker](#), Guardianship Support Center Attorney

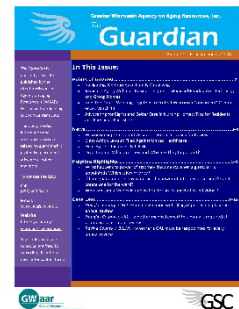
### **Nice to Know**

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#### **Guardianship Support Center's quarterly newsletter available**

The most current issue of the Wisconsin Guardianship Support Center's quarterly newsletter was recently released. Previous editions are also available on the GSC page of the GWAAR website.

Read the GSC newsletter: <https://gwaar.org/api/cms/viewFile/id/2008016>



## Health Promotion

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[Angie Sullivan](#), Older Americans Act Consultant - Health Promotions Specialist

### **Need to Know**

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#### **Quarterly Health Promotion Webinar - ARPA D**

Tuesday, February 20, 9:00 - 10:30 a.m.

Don't miss the upcoming Quarterly Health Promotion Webinar! Need assistance learning about evidence-based health promotion programming to spend down your ARPA D funds and make your community a healthier place for older adults? We will have program administrators from several popular and easy to implement programs including: Eat Smart, Move More, Weigh Less, Bingocize, Stand Up, Mind Over Matter, Walk with Ease and StrongBodies. There will also be an opportunity to connect with other counties and see what evidence-based programming is working well in other counties. Register today!

#### **Health Promotion Webinar registration:**

<https://us06web.zoom.us/meeting/register/tZ0tc-6qrT0sHtU9-MZpRWfLT8FGB03Nk8Y>

### **Nice to Know**

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#### **OAA Title III-D Health Promotion Orientation Recording Available**

In case you missed it, a recording of the January 16 OAA Title III-D Orientation is available for your viewing. During the orientation, you will learn the provisions and priorities of OAA Title III-D evidence-based health promotion programming. How to find eligible programming, allowable and unallowable expenses, reporting, partnerships and an introduction to some of the most popular programs will be discussed. Please reach out to Angie Sullivan, GWAAR OAA Consultant - Health Promotion if you have any questions [angela.sullivan@gwaar.org](mailto:angela.sullivan@gwaar.org).

**View the Jan. 16 recording:** <https://bit.ly/42wCvmX>

## The Health Literacy Collaborative Summit

*April 8 and 9, 2024, Madison, WI*

Wisconsin Health Literacy (WHL) is expanding its traditional Health Literacy Summit by partnering with eight other states to host the first Health Literacy Collaborative Summit. Summit learning objectives include; explaining how to use health literacy practices and principles in different contexts, identifying skills and strategies to use when working with different communities and/or to design relevant health programs or resources and how to help consumers find, understand, and use health information to manage their health.



**Registration:** <https://bit.ly/49oL4md>

**More information:** <https://www.healthliteracycollaborative.org/>

## 2024 Pisando Fuerte Facilitator Trainings

Pisando Fuerte, is the Spanish adaptation of the high-level evidence-based falls prevention program Stepping On. Registration is now open for two facilitator trainings in 2024!



**Training 1:** June 4-6, 8:00 a.m.-4:00 p.m. In-person at United Community Center, Milwaukee, WI.

**Training 2:** October 28, 29, November 4, & 5, 9:00 a.m. - 4:30 p.m. Virtual on Zoom.

**Cost:** \$525-\$950/trainee (Fee varies. Scholarships are available.)

Facilitators must:

- Be a healthcare professional or have other experience working with groups of older adults OR
- Be someone who works with Hispanic or Latino older adults AND
- **Be fluent in Spanish** AND
- Be employed by or volunteer for a registered program provider AND
- Hold at least one community workshop in every 12 months AND
- Identify an eligible co-facilitator at registration

**Become a facilitator:**

<https://wihealthyaging.org/for-professionals/become-a-facilitator/>

**Complete the application:** <https://wiha.wufoo.com/forms/s1tt8e4y0m1wnk7/>

**For more information contact:** [falls@wihealthyaging.org](mailto:falls@wihealthyaging.org)

## Lesbian, Gay, Bi-Sexual and Transgender

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[Bryn Ceman](#), Older Americans Act Consultant - Family Caregiver Support Specialist

### Nice to Know

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#### SAGE State of LGBTQ+ Aging Survey

SAGE's Center of Excellence has partnered with the University of Nevada, Las Vegas to conduct the "State of LGBTQ+ Aging Survey." The survey seeks to better understand the current experiences, needs, and resiliencies of older people in the U.S. who identify as LGBTQ+ (lesbian, gay, bisexual, transgender, queer, intersex, asexual, Two-Spirit, or related identities).



The survey is now open to LGBTQ+ adults 50 years old and older. It takes 30 to 45 minutes and can be conducted online or over the phone. **Survey link:** <https://bit.ly/3Smr6Bu>

## Nutrition

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[Pam VanKampen](#), Older Americans Act Consultant - Nutrition Specialist/Senior Center Representative

### Nice to Know

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#### February is Hearth Month – American Heart Association offers recipes

Did you know that the American Heart Association has a site dedicated to heart-healthy recipes and articles? American Heart Association recipes are developed or reviewed by nutrition experts and meet specific, science-based dietary guidelines and recipe criteria for a healthy dietary pattern.



This month's featured recipe is Chicken with Napa Cabbage and Rice Noodles.

**Visit the site:** <https://recipes.heart.org/>

**View the recipe for Chicken with Napa Cabbage and Rice Noodles:**

<https://recipes.heart.org/en/recipes/chicken-with-napa-cabbage-and-rice-noodles>



## Senior Centers

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[Pam VanKampen](#), Older Americans Act Consultant - Nutrition Specialist/Senior Center Representative

### Nice to Know

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#### Reminder: Technology tutorials available for older adults

Generations on Line (GoL) is a national nonprofit organization that offers interactional tutorials to help older adults learn to use tablet and smartphone technology. Allowing you to offer tablet and smartphone training directly to your older adults. Use either staff or volunteers, along with the GoL tutorial(s.) The tutorials are web based and software can be accessed at: [www.golhelp.org](http://www.golhelp.org) There is nothing to download!

Should you desire to use some, or all of the tutorials, to offer training to your older adults, GoL provides supportive materials, again at no cost, to assist you. Interested? Simply send an email to Katie Burke [KBurke.GoL@comcast.net](mailto:KBurke.GoL@comcast.net) requesting the link to the materials. She is also happy to answer any questions.

Many of Wisconsin's senior centers, libraries, and ADRC have had the joy of teaching using these products and they have been extremely effective.

-continued-

*Sample article for sharing in your newsletters:*

Do you know the basics of using a smartphone or tablet to access the Internet, but would like to use the device more? We suggest going to [www.golhelp.org](http://www.golhelp.org) to see interactive tutorials, all available at no cost.

The first three teach the basics. Simply tap on the one that best matches your device (Choosing wrongly will not hurt your device-the images will just not match your device). We suggest you start here if you only know a little. You may want to ask a friend or relative to assist.

If you want to learn how to use your tablet or smartphone to partake in a telehealth appointment, read a newspaper online, or seek and apply for employment online, Generations on Line offers a tutorial for each! All at no cost – not now or ever!

Visit the site: [www.golhelp.org](http://www.golhelp.org)



## Volunteerism

[Nick Musson](#), Older Americans Act Consultant – Transportation

### Nice to Know

#### Reminder: National Volunteer Week, April 21-27, 2024

Celebrate the impact of volunteer service in our communities during National Volunteer Week and Global Volunteer Month. National Volunteer Week is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities and be a force that transforms the world. It takes place every April during Global Volunteer Month.

For more information from Points of Light, or to access social media and marketing resources, visit their site:

<https://www.pointsoflight.org/national-volunteer-week/toolkit/>

